



DEPARTMENT OF THE NAVY

COMMANDING OFFICER
NAVAL SUPPORT ACTIVITY, NORFOLK
NORTHWEST ANNEX
1320 NORTHWEST BLVD, SUITE 100
CHESAPEAKE, VIRGINIA 23322-4094

NAVSUPPACTNORVANWINST 6100.1

N02

1 JUL 02

NAVSUPPACT NORFOLK NORTHWEST ANNEX INSTRUCTION 6100.1

Subj: HEAT STRESS/WET BULB GLOBE THERMOMETER INDEX
PROCEDURES

1. Purpose. To establish procedures regarding Heat Stress/Wet Bulb Globe Thermometer (WBGT) Index on board Naval Support Activity Norfolk, Northwest Annex.

2. Discussion. The WBGT Index is derived from three measurements: wet bulb temperature, dry bulb temperature and globe temperature. WBGT is calculated whenever the outside temperature reaches 75 degrees. NSA Northwest Branch Medical Clinic calculates WBGT Monday through Friday at 0800, 1000, 1200, and 1400. On Saturday, Sunday and holidays, the WBGT may be obtained from NAS Oceana Weather Office. WBGT Indexes have associated color-coded flags. These flags will be flown in strategic locations on board NSA Northwest to ensure base personnel are aware of the current heat stress index and make the appropriate work schedule adjustments. Wearing body armor or Nuclear Biological Chemical (NBC) protective clothing adds approximately 10 points to the measured WBGT; limit exposure accordingly.

a. WBGT Index less than 80. Extremely intense physical exertion may precipitate heat exhaustion or heat stroke; caution must be taken.
Flag: White.

b. WBGT Index between 80 and 84.9. Discretion is required in planning heavy exercise for unacclimated personnel. This is a marginal limit of environmental heat stress.
Flag: Green.

c. WBGT Index between 85 and 87.9. Strenuous exercise and activity should be curtailed for new and unacclimated personnel during the first three weeks of heat exposure.
Flag: Yellow.

d. WBGT Index between 88 and 89.9. Strenuous exercise should be curtailed for all personnel with less than 12 weeks training in hot weather.
Flag: Red.

NAVSUPPACTNORVANWINST 6100.1

1 JUL 02

e. WBGT Index 90 or above. Physical training and strenuous exercise suspended for all personnel (excludes operational commitment).

Flag: Black.

3. Procedures. The Branch Medical Clinic will obtain the WBGT reading at 0800, 1000, 1200 and 1400 Monday through Friday. The Branch Medical Clinic will then call the Quarterdeck and Gym, which will post the appropriate flag at the base Gym and change as necessary. The Quarterdeck watch will log the results in the WBGT Index in the desk journal. The security guard at the Quarterdeck will call the NAS Oceana Weather Office (433-2177) on Saturday, Sunday and holidays to obtain WBGT readings, log them, and ensure that the Gym is notified and a flag is posted. The Gym will ensure the flags are hauled down at colors, daily.



E. L. SCOTT
By direction

Distribution: (NAVSUPPACTNORVAINST 5216.1P)
List V through VII